
Department of Cardiology/Pharmacy

Glyceryl Trinitrate (GTN)

Action

Glyceryl trinitrate (GTN) is used to treat and prevent angina pain. Angina is chest pain which occurs when the heart muscle tries to work without enough oxygen. Physical activity, sudden cold or stress can bring on angina. You can use your GTN a few minutes before any activity that you know brings on your angina pain

Taking your GTN

GTN is available as either tablets (300mcg, 500mcg or 600mcg) or a spray.

Tablets:

Put one or two tablets under the tongue if chest pain occurs. **Do not swallow the tablet.**

Spray.

Spray once or twice under the tongue, whilst holding your breath. Close your mouth immediately. **Do not inhale the spray.**

The tablets or spray should work almost immediately (within two to three minutes). If your chest pain persists, take a second dose after five minutes. If your chest pain still persists, take a third dose after five minutes. **If you still have chest pain after three doses of GTN, call 999 and ask for an ambulance as you may be having a heart attack.**

Problems to watch for

The most common side effects are a slight headache, dizziness and flushing and faintness. These are usually mild and wear off quickly.

Storage of your tablets

Always keep the tablets in the original glass bottle. Never transfer tablets to another bottle.

Throw away any unused tablets eight weeks after opening the bottle (write the date when the bottle is first opened on the bottle), and obtain a new supply of tablets from your doctor.

Other important information

Always keep a supply of tablets or spray with you at all times.



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk



Document history

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